

Half + Half = Deeper Understanding with Lainie Devina

Sunday, October 28th
12:30pm - 3:30pm • 3 Hours • \$60

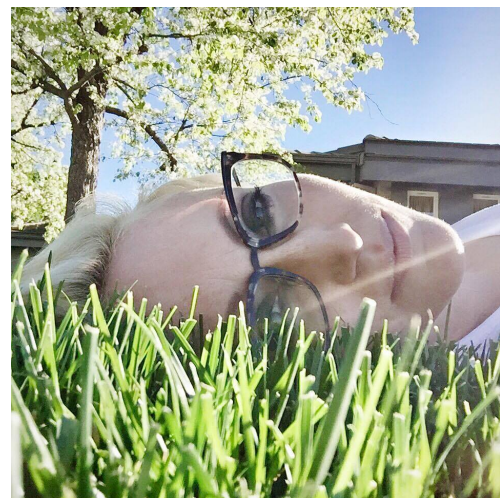
The first HALF of this 3 Hour Workshop will begin with a well rounded practice (covering each type of physical movement: backbends, forward folds, twists, etc.) and the second HALF will end with an Intensive Q & A based on your inquiries.

So many students have questions that go unanswered in a public class setting. This Workshop is designed to answer YOUR questions One by One which will include a break down on the mat, at the wall, using props, etc. If your question is related to a non-asana based inquiry (meditation, pranayama, the ethics of yoga, etc.) that's good too!

No question is off limits and ALL levels are welcome.

Once you have registered, please send your questions to:
lainie@lainiedevina.com by: **Saturday, October 13th**

2475 Townsgate Rd. Westlake Village, CA 91361 • (805) 371-3030



Lainie Devina is a Senior YogaWorks Teacher, 200hr. Teacher Trainer and 300hr. Professional Program Mentor.

"I guide my students to find strength, flexibility, coordination and endurance in the physical practice, and to learn how to adjust their practice to the ever changing needs of life. However, the foundation of what I teach is to begin and develop listening to the teacher inside."

